

## Arizona Physical Education Standards Articulated by Grade Span Strand 1

<b>Concept:</b> Fundamental to Complex Skills			
<b>K-2</b>	<b>3-5</b>	<b>6-8</b>	<b>9-12</b>
PO 1. Demonstrate locomotor skills with mature form.	PO 1. Apply the skills of chasing, fleeing, and evading to avoid others in a game situation.	PO 1. Effectively employ mature forms of basic skills in order to successfully participate in a variety of modified physical activities.	None at this level.
PO 2. Demonstrate a variety of nonlocomotor skills.	PO 2. Apply concepts of spatial awareness in physical activities.		
PO 3. Perform movement concepts in physical activity -- Spatial Awareness; Body Awareness; Qualities of Movement; Relationships.	PO 3. Balance and transfer of weight on a variety of objects.		
PO 4. Demonstrate a variety of manipulative skills.	PO 4. Demonstrate locomotor movements within game and modified sport activities.		
PO 5. Demonstrate a variety of developmentally appropriate specialized movement skills.	PO 5. Demonstrate nonlocomotor movements within game and modified sport activities.		
<b>Concept:</b> Rhythmic Movement			

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<b>K-2</b>	<b>3-5</b>	<b>6-8</b>	<b>9-12</b>
PO 1. Demonstrate movement skills to a rhythm.	PO 1. Perform a sequence of movement skills to a rhythm.	PO 1. Design and perform a variety of rhythmic activities that combine refinement of specialized skills.	PO 1. Design and perform a variety of rhythmic activities that combine refinement of specialized skills.

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<b>Concept: Game/Sport</b>			
<b>K-2</b>	<b>3-5</b>	<b>6-8</b>	<b>9-12</b>
PO 1. Integrate a skill to the demands of a modified, small-sided game situation.	PO 1. Dribble and pass a variety of objects around stationary objects using hands and feet.	PO 1. Effectively maintain possession of a ball during a modified invasion game.	PO 1. Demonstrate competency (basic skills, strategies and rules) in an increasing number of more complex versions of at least three different movement forms.
	PO 2. Dribble and pass to a moving target or partner using hands and feet.	PO 2. Effectively uses ball placement to create scoring opportunities during a modified net/court game.	PO 2. When engaged in peer teaching, adequately apply knowledge about skill/s to reinforce or correct one's own performance.
	PO 3. Apply offensive and defensive strategies in game situations.	PO 3. Adequately employs off-the-ball movement (e.g., support, adjust, guard/mark) during modified game play.	PO 3. Identify the critical elements of a skill.
	PO 4. Evaluate critical elements of a basic movement made by a fellow student and provide feedback to that student.		PO 4. Demonstrate improved skills by applying the critical elements to competent performance.
			PO 5. Compare and contrast the strengths and weaknesses of a highly skilled performance.
			PO 6. Apply discipline-specific information to individual performance.

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Enrichment Outcomes:			
			<b>9-12</b>
			PO 1. Demonstrate proficiency (basic skills, strategies and rules) in at least three different movement forms.
			PO 2. Research highly skilled performers or performances and critique the performances.
			PO 3. Demonstrate the biomechanical concepts and principles to the skills referenced in PO2 above.
			PO 4. Demonstrate the biomechanical concepts and principles of a skill/set of skills.
			PO 5. Use coaching information (self, peer, teacher, video) to improve performance.
			PO 6. Design a plan for self-improvement of a specific movement skill.